



JOINT MEETING - XCEL and TECHNICAL COMMITTEES

Cincinnati, OH

May 15, 2018

- I. Meeting was called to order by Claudia Kretschmer (NXCC) and Cheryl Hamilton (NTCC) at 12:30 pm.

Roll Call:	<u>Technical Committee</u>	<u>Xcel Committee</u>
Region 1	Neela Nelson	Jill Preston
Region 2	Linda Mulvihill	Dianne Palmer
Region 3	Carole Bunge	Louise Janecky
Region 4	Linda Thorberg	Megan Robinson
Region 5	Char Christensen	Nancy Gibson
Region 6	Pat Panichas	Gail Caspare
Region 7	Myra Elfenbein	Jane Caruso
Region 8	Marian Dykes	Elaine Wulf
JO Technical Dir.	Connie Maloney	

- II. Claudia reviewed the Xcel Committee’s philosophy, purpose and mission.

III. GENERAL

- A. Recommendation to change the inappropriate attire deduction for the Xcel Program from 0.20 to 0.10, effective August 1, 2018. Note: The deduction will remain 0.20 for the Junior Olympic Program.

Motion: J. Caruso

Second: L. Janecki

PASSED

- B. The Xcel Committee adopted the following: Recommendation that in all sanctioned USA Gymnastics State and Regional Championships, Individual Event Specialists (IES) shall be placed first on the event she is competing using the following steps:

1. Organize gymnasts into squads.
2. Draw for starting events and flights.
3. Place the IES first on the event she is competing within the squad

- C. Recommendation to amend *Women’s Rules and Policies*. Pages 58 and 88, remove the bullet listed under IV.B. and update pages 80, G.3.c. and 117, H.3.c. to read:

- c. Exception to the 5-minute to submit inquiry rule:

- 1) If, after the completion of the last event, an athlete’s AA score is a maximum of 0.10 less than the qualifying score to the State (or Regional) Championships, the coach may submit an inquiry for the gymnast’s lowest scoring event in order that the athlete be considered for qualification purposes. Any change of score is official and is included in the final results.
- 2) If an athlete begins her fourth event, is injured during the routine and unable to complete her fourth event, she may petition to Regionals if her score from her first three (3) events is equal to or greater than 75% of the required petition score.  
EXAMPLE: Regional Qualifying Score = 34.00. Required Petition Score = 35.00. The athlete must achieve a three-event score totaling 26.25.  
EXAMPLE: Regional Qualifying Score = 35.00. Required Petition Score = 36.00. The athlete must achieve a three-event score totaling 27.00.
- 3) These processes listed in 1) and 2) above DO NOT APPLY:
  - a) for mobility purposes, OR if qualification to the state or regional meet is by percentage or designated number per age group. This process does NOT apply.

D. RESTRICTED SKILLS

A skill is Restricted for a particular Division based on its Value as listed in the *Xcel Code of Points*. It is NOT based upon the quality of the performance of the skill.

EXAMPLE – Gold Division – Beam – “C” skills are restricted. A switch leap is listed in the *Xcel Code of Points* as a “C” VP. Therefore, regardless of the split angle achieved in the performance of the leap, it will receive “0” VP credit, NO SR credit, and it will Incur a 0.50 deduction for performing a Restricted Skill.

E. Request that on the USA Gymnastics Inquiry form, the word “Xcel” be added after “JO Optionals”.

F. The Xcel Committee adopted the following:

1. Vault - If Fall occurs after Spot on the landing, each Judge also deducts 0.50 for fall.
2. Bars Dismount - If Fall occurs after Spot on the landing, each Judge also deducts 0.50 for fall.
3. Beam Element - Additional 0.50 deduction for falls after the Spot.
4. Beam Dismount - If Fall occurs after Spot on the landing, each Judge also deducts 0.50 for fall.
5. Floor - If Fall occurs after Spot on the landing, each Judge also deducts 0.50 for fall.

Motion: E. Wulf

Second: M. Robinson

PASSED

IV. NEW ELEMENTS FOR XCEL PROGRAM

A. BEAM

Recommendation that all Beam mounts for all divisions be valued as “A”, unless they are listed as B or more difficult in the *Xcel Code of Points*.

Motion: P. Panichas

Second: M. Dykes

Passed

B. BAR

1. Clarification for Silver and Gold Divisions - Additional “A” skills chart

A Pullover Mount may be performed on LB or HB.

2. Add to Additional “A” Skill Chart for Silver divisions:

From rear support on LB,  $\frac{3}{4}$  seat circle backward (Straddle or pike) dismount

Recommendation to accept the above new Bar elements.

Motion: N. Gibson

Second: M. Dykes

Passed

C. VAULT

Clarification: Handspring onto board prior to a vault are NOT allowed in the Xcel Program.

V. VIDEO REVIEW

A. Recommendation to add to allowable reasons for video review at State meet and above:

- To determine if gymnast landed on bottom of the foot/feet first on top of Beam
- To determine if gymnast landed on the bottom of the feet first on Bar/Beam dismounts or Saltos on Floor

Motion: C. Bunge

Second: G. Caspare

PASSED

B. ~~Recommendation that video review will be allowed at any Xcel meet that uses a one-judge panel.~~

Motion: M. Robinson

Second: L. Janecky

6 in favor; 10 opposed

DEFEATED

C. The Xcel Committee adopted the following: Recommendation to amend *Women’s Rules and Policies* pages 81, G.6. and 117, H.6. to read, “At State Championships and above, a video review, if available, may be considered by the Jury of Appeals. All video must be reviewed in regular-time. Slow-motion video WILL NOT be considered.”

VI. Rules for Xcel Program-2018-22, effective August 1, 2018

A. VAULT

1. Clarification for Bronze divisions. Vault Option 2: If a gymnast lands in flat-back position and slides off the back end of mat stack, there is no penalty for a fall. The vault is considered complete and there is no need to return back to the mat.
2. SILVER VAULT:  
Recommendation to accept the deductions for the new Silver Vault-Option 1 of Handspring over sideways mat stack. And Option 2-Round-off entry over sideways mat stack to land standing, facing the mat stack.  
Motion: M. Robinson  
Second: M. Elfenbein  
PASSED

B. BARS:

1. Recommendation to amend the Dismount Special Requirement for Diamond division to include hecht dismounts from HB.  
Motion: D. Palmer  
Second: P. Panichas  
PASSED
2. Clarification: The description/illustration for the tap swing/counterswing used in the Level 4/5 JO Compulsory routines will be added to the Required Technique section of the *Xcel Code*.

C. BEAM

1. *Xcel Code of Points* addition: Add to the description of skill #7.106 Bridge kickover – “Not considered a Walkover” therefore making it clear that it is an allowable skill for Bronze division.
2. Clarification for determining Skill credit for press handstand mount or within the exercise: The Xcel Program will use same criteria as the JO Program: Once the vertical is achieved, the skill is considered complete (“B” credit), even if a fall occurs before returning to the beam.
3. Clarification regarding split angle in leaps and jumps:
  - To receive a “B” or higher VP for a leap or jump in the *Xcel Code of Points* requiring a split angle, the gymnast must show a minimum of a 135° split to receive the designated value.
4. The Xcel Committee adopted the following:  
Concentration Pauses prior to difficult elements or connections
  - a. Two (2) second pause – each 0.10
  - b. More than two (2) second pause – each 0.20
5. #2.201 Split Leap – value was raised to “B”. In order to receive “B” value, there must be a straight-leg brush entry (no stag-split action). If there is a developé, award “A” value.
6. Add the following description to the *Xcel Code of Points*:  
#2.305 (“C”) Split Leap Forward with Leg Change (Switch-Leg Leap):
  - 1) First Leg should swing Forward (Minimum of 45°) prior to swinging Backward.
  - 2) First Leg does not reach 45°, award (“C”) Value-Part credit. Deduct up to 0.10 for insufficient height of Leg Swing.
  - 3) Leg separation following Leg change is 180° Split.
  - 4) Deduct up to 0.20 for Insufficient Split after Leg change, if applicable.
  - 5) Split less than 135°, award (“A”) Value-Part credit; no Special Requirement credit for Leap / Jump with 180°.
  - 6) Stag-Switch Leg Leap – Stag first (swing) Leg, bent Minimum of 90° with no extension of Leg prior to Leg Switch, award (“A”) Value-Part credit (Stag Leap).

D. FLOOR

1. Clarification regarding split angle in leaps and jumps:
  - In order to receive a “B” or higher VP for a leap or jump in the *Xcel Code of Points* requiring a split angle, the gymnast must show a minimum of a 135° split to receive the designated value.
2. Add the following description to the *Xcel Code of Points*:  
#1.204 (“B”) Split Leap forward with leg change (Switch-Leg Leap):
  - a. First Leg should swing Forward (Minimum of 45°) prior to swinging Backward.
  - b. First Leg does not reach 45°, award (“B”) Value-Part credit. Deduct up to 0.10 for insufficient height of Leg Swing.

- c. Leg separation following Leg change is 180° Split.
  - d. Deduct up to 0.20 for Insufficient Split after Leg change, if applicable.
  - e. Split less than 135°, award (“A”) Value-Part credit; no Special Requirement credit for Leap / Jump with 180°.
  - f. If performed with less than the minimum Division split angle requirement, the VP (or no VP) is determined by actual skill performed.
  - g. Stag-Switch Leg Leap – Stag first (swing) Leg, bent Minimum of 90° with no extension of Leg prior to Leg Switch, award (“A”) Value-Part credit (Stag Leap).
  - h. If a switch leap is a Restricted Skill for the gymnast’s Division, NO VP (or SR) is awarded regardless of angle achieved or performance. Deducted 0.50 for performing restricted skill.
- 3. The Xcel Committee adopted the following:
    - Two (2) second pause prior to difficult elements or acrobatic series – each 0.10.
  - 4. The Xcel Committee adopted the value of the following:
    - Tour Jeté to Ring with ½ turn – “D”

VII. Xcel Judges for Bronze, Silver and Gold Divisions

Xcel Committee suggested the possibility of adding an Xcel judges rating for the Bronze, Silver, and Gold divisions. An ad-hoc committee comprised of Gail Caspare, Jane Caruso, Marian Dykes and Char Christensen will bring forward ideas for implementation.

VIII. Meeting adjourned at 3:30 pm. Next Joint Xcel/Technical Committee meeting scheduled to follow the 2019 JO Nationals.